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# 'True cowboy' killed in tragic rodeo accident

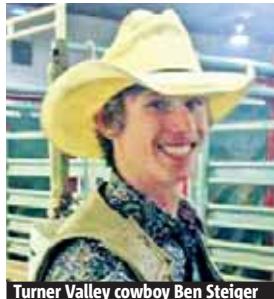
**'A light has gone out.'**  
16-year-old Ben Steiger described as 'happiest, nicest guy in the world'

 **JEREMY NOLAIS**  
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Ben Steiger was always eager to ride. The 16-year-old from Turner Valley was known for his beaming smile even while getting settled in the rodeo chutes. He dreamed of becoming champion.

But tragedy struck during a practice saddle-bronc run at the Thorsby Haymaker Center Saturday night, when Steiger was bucked off and kicked by a horse.

His father, a veterinarian, raced to his son's aid, performing CPR until medics ar-



Turner Valley cowboy Ben Steiger seen in an undated photo. FACEBOOK

Thurston said he'd reviewed footage of the incident and described it as a "bad circumstantial accident."

"We're really trying to keep it all in perspective," he said. "I've rodeoed for 15 years, going to 100 rodeos a year, and this is the first major tragedy I've ever witnessed."

Jaynellene Steiger Richardson said those closest to her nephew were dealing with a range of emotions.

"We can celebrate the fact that we have known Ben," she told Metro in an online message. "Though he is no longer with us we can celebrate that we were privileged and honoured to have known him — that he was part of our lives."

"A light has gone out, without so much as a flicker, and all we have left is the precious memory of how brightly it burned, and the warmth it gave us."

**SHOWING SCHOOL PRIDE**

Mackenzie Beerbaum, a Grade 9 student at Georges P. Vanier school, helped create what's believed to be the first gay-straight club at a junior high school in Calgary. She and others have helped spur a "shift in culture" in city schools that sees students wearing tie-dyed shirts at assemblies, hosting queer dances, marching in pride parades and much more. Full story on page 4. JEREMY NOLAIS/METRO

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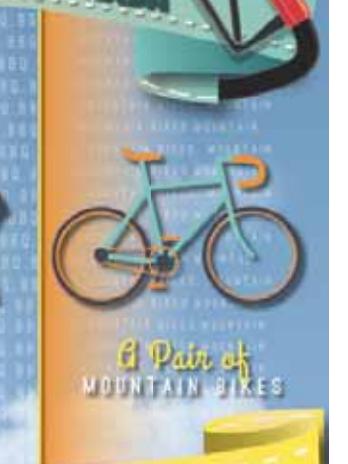
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New leaf?

## Top CBE official promises no goodbye party on your dime

Calgary's top public school official says not a single penny of public money has been spent on farewell festivities as she plans to resign after more than 30 years of service.

Naomi Johnson officially steps down as chief superintendent of the Calgary Board of Education Monday and will be replaced on an interim basis by deputy David Stevenson.

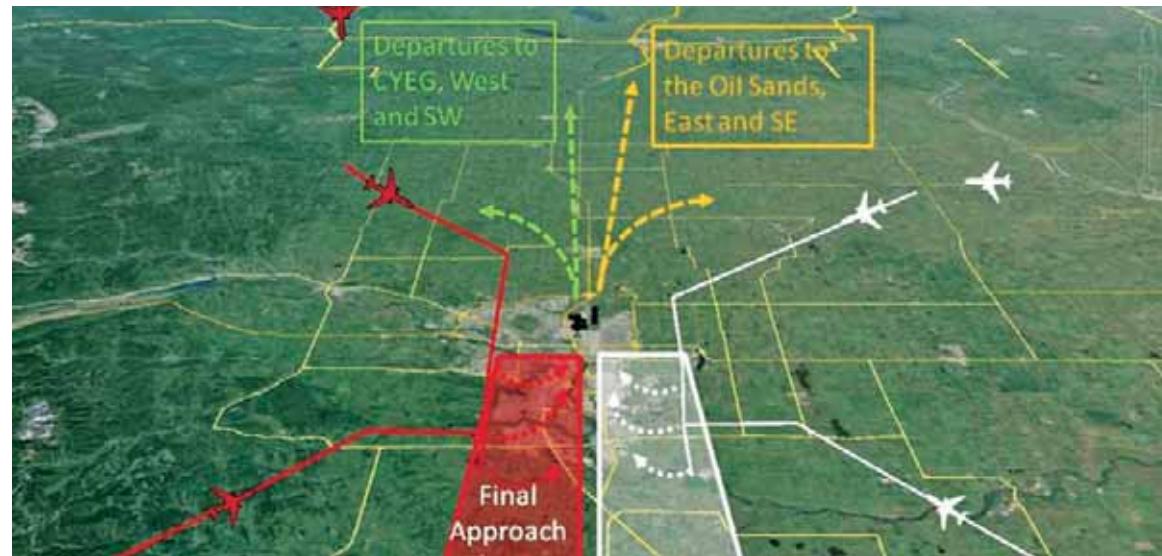
The decision to not host a farewell soirée on the taxpayer's dime appears to be a marked turnaround after a controversy last year saw two parties held for retiring superintendent Deborah Lewis at a combined cost of more than \$4,800.

The CBE also forked over an additional \$1,125 to the Hyatt Regency after a function also believed to be planned in Lewis's honour was cancelled on short notice.

Critics lashed out at the festivities, noting they came as the CBE grappled with a \$60-million shortfall. This year, officials have said the system is nearly \$28-million short, prompting trustees to vote in favour of draining the organization's operating reserve fund.

Derek Fildebrandt with the Canadian Taxpayers Federation applauded Johnson's decision to forego any publicly funded parties and said he's hopeful that more attention will be paid to mitigating unnecessary costs going forward.

JEREMY NOLAIS/METRO



# Parallel runways to cut into delays

**Calgary International Airport.** Departures, arrivals to be divided equally across strips



JEREMY NOLAIS

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Peak-hour fliers will likely notice faster takeoffs and landings as soon as a new parallel runway at the Calgary International Airport opens, according to officials.

Calgary Airport Authority chief executive Garth Atkinson informed city council last week that the 4.2-kilometre

stretch — the longest in Canada — will be ready at 2 p.m. on June 28.

Simulations indicate the new runway will bump flight capacity as high as 48 departures and 48 arrivals per hour when necessary, according to Ron Singer of NAV Canada. Currently, YYC can handle 36 arrivals and 18 departures per hour.

Attendees to an information session last month heard air-traffic controllers are often forced to initiate "flow" protocol during peak traffic hours. The move sees airplanes cleared for takeoff and landing in a priority sequence, which leads to delays.

Currently, Singer said the

two landing and takeoff pads at Calgary International intersect, which is far less efficient than how the airport will operate come late June.

"The strategy enables the two runways to operate virtually independently, and that creates more simple, straightforward airspace design," he said.

Singer said Calgary International is the third-busiest airport in Canada. The first-, second- and fourth- already feature parallel runways, he said.

The runway project is expected to cost \$620 million and will also include an aircraft parking apron, taxiways and other related infrastructure.

### Safety improvements

The new runway at Calgary International will likely cut into "incursion" incidents at the busy traffic hub.

- Last year, Metro reported that such incidents were on the rise at YYC, and last week the Transportation Safety Board of Canada announced it was dispatching investigators to probe one such incident on March 29.

- A spokesperson said no one was in immediate danger during the event.



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1  
NEWS

# City's middle, high schools embrace LGBT clubs

## Tie-dyed pride.

Alliance club at junior high has helped students confront discrimination


**JEREMY NOLAIS**  
 jeremy.nolais@metronews.ca

Talk to the teachers and students at Georges P. Vanier school and they'll tell you it's not uncommon to spot a smiling student strolling the halls with a tie-dyed shirt on.

It's just one hint that a cultural shift is occurring within the walls of some Calgary schools — in some cases, it appears the acceptance of lesbian, gay, bisexual and transgender people is actually occurring faster in the classroom than in the greater public.

"I don't see it going away. I see it becoming more and more present ... it's the movement of the moment right now," explained Kimberly Collins, a teacher at Vanier,

which is believed to be home to the first junior-high gay-straight alliance club (GSA) in the city.

"Songs are being written, movies are being made, politicians are talking about it — schools are a part of that," Collins said. "These are kids, they're our future — and I think they're underestimated."

The Vanier GSA is open to all and its activities are diverse. Some days, members play games or watch videos — a recent airing turned the notion of being gay or straight on its head, questioning what the world would be like if people discriminated against "heteros." Other days, members engage in heated discussions or simply ensure they have a shoulder ready and waiting for a friend to cry on in a time of need.

"It's helped the students feel strong towards it and not take it as serious when people discriminate towards them," said Mackenzie Beerbaum, a Grade 9 student who helped get the alliance club off the ground.

## Quoted

**"I don't ask the kids to tell me 'What's your orientation?' or 'What would you identify for a gender? Where are you at with preferences?' That's not what it's about.... For them, I think it can bring a quiet understanding to who they are, what they want from the world and what kind of person they want to be."**

Kimberly Collins, a teacher at Georges P. Vanier School, on the gay-straight alliance club formed there.



Kimberly Collins, left, a teacher at Georges P. Vanier School, and Rio Liepert, a facilitator with Calgary Family Services, support students as part of the junior high's gay-straight alliance club. JEREMY NOLAIS/METRO

She added, "I just want people to know that being gay is not something you choose."

That message appears to echo louder at certain Calgary high schools, where expressions of gay pride are more common and support clubs are more cemented.

Maureen Wit, a school family liaison worker at Lord

Beaverbrook High School, said kids and administrators began working towards greater acceptance in their building a half-decade ago. Nowdays, Beaverbrook features transgender washrooms, has support clubs established both inside and outside of the school, and sees members partaking in annual pride parades and getting their

groove on at "queer dances," one of which was recently held at Western Canada High School.

"I would definitely say there's a shift in culture here at Lord Beaverbrook High School," Wit remarked during a recent interview.

Back at Vanier, the principal in charge, Martin Poirier, pointed to controversies like

Russia's anti-gay legislation and the potential for boycotts by certain United Nations members when the subject of gay rights is broached as evidence that much work remains to improve acceptance in the world.

"For us, as a school within a free society," he said, "it's our duty to bring those topics forward."



Alberta Liberal education critic Kent Hehr has publicly called for mandated gay-straight alliance clubs in schools. METRO FILE

## 'It's time to put away those old ways of thinking,' says MLA

School officials and politicians are lending support to students and teachers as they grapple with ways to foster better acceptance of the LGBT community within their own buildings.

"We must respond," explained Dianne Roulson, director of learning with the Calgary Board of Education. "Every young person must have access to a safe wash-

room, a safe change room, a safe learning environment."

The CBE did not have an exact count of the number of LGBT clubs running in city schools but, by all accounts, the number appears to be growing.

The topic of LGBT rights has also fired up Alberta Liberal Education critic Kent Hehr in recent days, as he's gone public with calls to

mandate the creation of gay-straight alliance clubs in all schools in the province.

"It's time to put away those old ways of thinking and understand that sexual orientation is a protected ground of discrimination here in Alberta," he told Metro Sunday.

"Given that private schools, Catholic schools, public schools and Franco-

phone schools all take money from the government to run their school systems, there is simply no reason not to have gay-straight alliances in them. It is simply the right thing to do."

Hehr plans to formally introduce a motion to support his cause in the Alberta legislature later this month.

**Impact**  
**70%**

University of British Columbia researchers recently published a study that found in schools with anti-homophobic policies, the odds of suicidal thoughts and attempts were 70 per cent lower among gay and bisexual boys when compared to schools without such policies.



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## Building code. Parks may soon have fewer 'blank walls' nearby

Calgary could soon see fewer "blank walls" facing onto parks and tracts of undeveloped land, due to an investigation by city staff into a previous policy prohibiting windows in such areas.

The policy had its roots in a 1997 act of city council, which was based on an Alberta Building Code stipulation aimed at reducing the chance of fire transfer, should a new building be erected next to an existing wall.

But a new city report found that the building code has changed since then and now

makes provisions for "the use of alternatives or 'equivalencies'" to mitigate fire risk while still allowing for windows on such walls.

Those "equivalencies" include fire shutters and sprinkler systems. The report was the result of a motion from Ald. Gian-Carlo Carra last September, who challenged staff to "find a way to make it happen."

Large blank walls, especially next to parks, are not only ugly and monolithic, Carra said, but also make such areas feel less safe. ROBSON FLETCHER/METRO

### Affected by the flood

#### Businesses in line for \$70K in late-filed tax cancellations

Flood-affected businesses with late-filed or incorrect paper work for the 2013 tax year are in line for just over \$70,000 in tax cancellations, pending

approval by city council.

Members of council will be asked this week to approve the business-tax cancellations, as is required by law.

The changes are largely to correct "errors, omissions or misdescriptions to the assessment roll," according to a report due at the city's priorities and finance committee on Tuesday. METRO

**Stormboard.** Company has grown so far through its own cash flow, now set to pitch to some big-name investors



ROBSON FLETCHER

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Bringing the office whiteboard into the virtual realm in a way that actually works is the premise behind an Alberta startup that's looking to expand with a pitch to some top tech executives and venture capitalists in

### Quoted

**"Massive companies have a big problem, because they have distributed teams ... that need to work together and collaborate, and people like to do that visually."**

Stormboard founder and CEO Reg Cheramy, on the need for virtual collaboration.

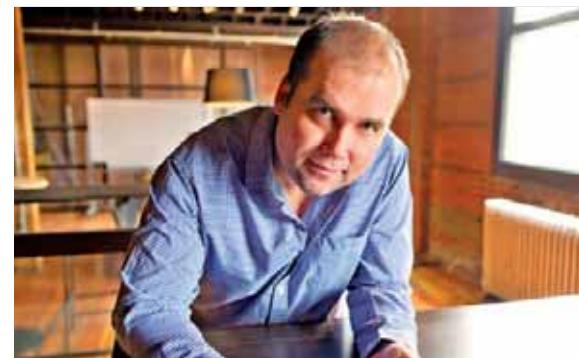
Banff this week.

Stormboard founder and CEO Reg Cheramy described his product as a more "spatial" and "fun" version of Google Docs, allowing users to collaborate in real time regardless of where in the world they are and their level of technical expertise.

"It's one minute to learn and five minutes to master," he said. "Everyone sees a real-time view of the screen and can interact and add ideas and comment and vote."

Cheramy initially targeted small and medium-sized businesses but soon discovered a market among large enterprises, too.

"We have half of the For-



Stormboard founder and CEO Reg Cheramy says his online brainstorming tool requires no software installation and works on any device that runs a modern web browser. CONTRIBUTED

tune 50 using our product right now," he said.

He now hopes to take that reach even further with a pitch at The Cloud Factory conference, taking place April 7 to 8 in Banff and counting top executives from PayPal, Microsoft, The New York

Times, LinkedIn, and Harvard University, as well as Treasury Board President Tony Clement, among its guests. Andrew Browne, development director with Startup Calgary, described the gathering as "Canada's largest cloud computing and big data conference."

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Emmanuel Ndayisaba wielded a machete that took Alice Mukarurinda's baby and her right hand. THE ASSOCIATED PRESS

# Rwanda's pain remembered

**Genocide.** On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

## Ethnic tensions remain

"Hutus would wake up in the morning and go hunting for Tutsis to kill."

Alice Mukarurinda, recalling how Rwanda's Hutu majority killed more than one million Tutsis and moderate Hutus.

ades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emmanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

In the months after the genocide, guilt gnawed away at Emmanuel. In 1996, he turned himself in and confessed.

## That the world may learn

**Silent march through Ottawa**

Alain Ntwali's 100-day ordeal of survival began after he watched his parents die.

The 10-year-old moved from house to house, two to three times a week, in what would ultimately become a successful attempt to stay one step ahead of the marauding, machete-wielding Hutu militiamen ravaging the Rwandan capital of Kigali. On Monday, the 30-year-old who came to Canada in 2005 will join a procession marching silently from Parliament Hill to Ottawa City Hall in memory of the 20th anniversary of the Rwanda genocide. He carries the memory of his parents.



Alain Ntwali

THE CANADIAN PRESS

THE ASSOCIATED PRESS



A U.S. navy plane P-8 Poseidon takes off from Perth Airport to rejoin the search operation for the missing Malaysia Airlines Flight MH370 in Perth, Australia, Sunday. ROB GRIFFITH/THE ASSOCIATED PRESS

## Searchers race to verify ocean signals

**Flight 370.** Brief sounds detected in Indian Ocean could be 'pings' from missing jet's black boxes

**Too soon to say**

"This is an important and encouraging lead, but one which I urge you to treat carefully."

Retired Australian Air Chief Marshal Angus Houston, search co-ordinator

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying so-

phisticated deep-sea acoustic equipment detected a signal in a different area on Sunday, the head of the multinational search said.

The two black boxes contain flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But there were questions

about whether any of the sounds were the breakthrough that searchers are desperately seeking or just another dead end in a hunt seemingly full of them, with experts expressing doubt that the equipment aboard the Chinese ship was capable of picking up signals from the black boxes.

Speaking to reporters in Perth, retired Australian Air Chief Marshal Angus Houston, who is co-ordinating the search, warned that the sounds were "fleeting, fleeting acoustic events," not the more extended transmissions that would be expected.

Searchers are racing against time to find the voice and data recorders. The devices emit "pings" so they can be more easily found, but the batteries last for only about a month.

THE ASSOCIATED PRESS

## U.S. Navy rescues sick baby girl from crippled sailboat

U.S. sailors rescued an American family with an ill one-year-old from a sailboat that broke down hundreds of miles off the Mexican coast — boarding them Sunday onto a San Diego-bound Navy ship so the girl could get medical treatment.

The baby girl, Lyra, was in stable condition at 8 a.m. Sunday when sailors helped her, her three-year-old sister, Cora, and her parents, Charlotte and Eric Kaufman leave their sailboat and brought them aboard the USS Vandegrift.

The Kaufmans were two weeks into a sailing trip around the world when Lyra

developed a fever and a rash covering most of her body and wasn't responding to medications. After their 36-foot sailboat lost steering and communication abilities about 900 miles southwest of Cabo San Lucas, Mexico, they sent a satellite call for help to the U.S. Coast Guard on Thursday.

Four California Air National Guard members parachuted into the water and reached the boat Thursday night. The crew stabilized the girl and stayed by her side until the Navy frigate arrived at about 1 a.m. Sunday.

Sailors waited until daylight to move the family from



Eric and Charlotte Kaufman with their daughters, Lyra, 1, and Cora, 3.

THE ASSOCIATED PRESS

their inoperable sailboat, Rebel Heart, which authorities were in the process of sinking Sunday because it was taking on water. THE ASSOCIATED PRESS

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## Child porn. Multiple victims in exploitation case: Nova Scotia RCMP

A 15-year-old boy is facing charges of luring a child and distributing and possessing child pornography after RCMP seized computer equipment and cellphones from a home near Truro, N.S.

Colchester District RCMP say they received a call from the public Friday and officers seized electronics believed to store evidence from a home in central Onslow. The 15-year-old was arrested at the scene.

"We don't believe this is an

accidental thing where a mistake was made," said Cpl. Addie MacCallum. "We believe this was a deliberate act."

He wouldn't release any details on the victims, such as the gender, but said there are "more than one" between the ages of 12 and 18 who are from Nova Scotia. MacCallum said police are in the early stages of their investigation, and more charges, such as the production of child pornography, could be laid. **HALEY RYAN/METRO IN HALIFAX**

### Quebec election

#### Marois' big finish

Pauline Marois made a last-ditch appeal to supporters on Sunday to get out and vote for her Parti Québécois on election day, ruling out any kind of deals with the Coalition party to shore up her party if it wins another minority government.

**THE CANADIAN PRESS**

### Unconstitutional?

#### Oath on the ropes

Ontario's top court is set to grapple with whether forcing would-be Canadians to take an oath to the Queen, her heirs and successors is constitutional. Documents filed with the Ontario Court of Appeal show Ottawa intends to fight any adverse decision. **THE CANADIAN PRESS**

# Fighting for the right to change birth certificates



Renn, and her mother, Fran Forsberg, at their acreage just outside Saskatoon last week. Renn's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that. **LIAM RICHARDS/THE CANADIAN PRESS**

**Human rights complaints.** Transgender children want the ability to change sex on identification documents

Renn Forsberg's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that.

Better yet, they argue, the sex box now marked with an "M" should be removed from

### Quoted

**"Officials should be able to look at me, see my name, my date of birth and see I'm a nice little girl and that's that."**

12-year-old Harriet Cunningham of Comox, B.C., whose complaint led to a bill that would allow people to change the sex on their birth certificates without surgery. **THE CANADIAN PRESS**

the document altogether.

The Saskatchewan family has filed one of several human rights complaints across the country that are prompting some provinces to rethink their rules about changing sex on birth certificates.

Renn's mother, Fran Forsberg, says governments need to keep up with changing times.

Forsberg says Renn needed her birth certificate last year to register for kindergarten in Saskatoon and was embarrassed to be listed as a boy. That sparked her family to fight for a new birth certificate, a basic piece of paper needed to apply for most identification documents.

In the 1970s, most provinces changed their laws so people could change their birth certificates after sex reassignment surgery. The revision left out transgender children, because people must be at least 18 to be eligible for the surgery. **THE CANADIAN PRESS**

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## How immigrants stay in the country

People come to Canada on a temporary basis through a variety of avenues, including work visas, study visas and visitor visas. To be eligible to stay on a permanent basis, prospective immigrants must meet the requirements of one of four classes or qualify as a provincial nominee.

### Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.



### Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

### Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.



### Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

### Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

# Canada: Come one,



Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.



### The Story of Us Immigration in Canada

**Well, maybe.** Tough revisions to federal immigration rules could change the lives of would-be citizens



MIKE DONACHIE  
Metro in London, Ont.

They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavisa.com.

He's troubled by some of the proposed changes, espe-

cially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

"Higher application fees, for example, will cause 'hardship,'" she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

## THE STORY OF US: IMMIGRATION IN CANADA,

### Day 1

Change and effect

1

### Day 2

What Canada wants vs. what it gets

2

### Day 3

Where we come from, where we go

3

### Day 4

Happy times, hard times

4

# Come all?



TORSTAR NEWS SERVICE FILE

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of

## Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

## Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

### Quoted

**"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."**

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British

Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American

that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO IN LONDON, ONT.

## A brief history lesson in Canadian immigration

**1902**

The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914.

**1913**

Nearly 800,000 people immigrate to Canada, most of them with British roots.

**1914-18**

Immigration slumps during the First World War.

**1928**

The opening of Pier 21, the Atlantic gateway to Canada.

**1950s**

Canada receives about 1.5 million immigrants from Europe.

**1962**

New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin.

**1979-80**

60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada.

**2002**

The Immigration and Refugee Protection Act comes into force.

## Faces to know



**Paula Garcia**

Age: 23

Home country: Colombia

Her plan: To shape Canada's future as a teacher

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.



**Surya Acharya**

Age: 23

Home country: Nepal

His dream: To bring his family to Canada, where he's a new permanent resident



## TOLD IN FIVE PARTS

Day 5

The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

## Another sale in aisle four. Low, low grocery store prices a good deal, for now

The grocery price wars that have pushed a kilogram of bananas below the price of a chocolate bar may be good news for consumers' wallets, but those who watch the industry see a race to the bottom that may leave shoppers with less selection and dwindling customer service.

The grocery wars got a boost this past year as U.S. giant Target entered the Canadian market, forcing Walmart to up its game in the grocery department, and spurring a new wave of consolidation involving heavyweights such as Loblaw and Sobeys.

The sheer size of the new

### Canadian CEO group

#### Largest firms say they pay fair share

Canada's largest firms want it known that they are indeed paying their fair share of taxes, even if governments

### Canadian behemoths

- Last year, Sobeys bought Safeway Canada in a \$5.8 billion deal.
- In March, Loblaw Co.'s \$12.4 billion purchase of Shoppers Drug Mart Corp. was approved, adding roughly 2,300 corporate, franchised and associate-owned stores and 1,800 pharmacies to its portfolio.

giants weakened the negotiating position of suppliers.

**THE CANADIAN PRESS**

have slashed corporate rates to new lows.

The Canadian Council of Chief Executives issued survey results suggesting when all taxes are included, the companies paid on average 33.4 per cent of profits in taxes in 2012. **THE CANADIAN PRESS**

# Are pot stocks a toke, er, joke?



HOW  
TO ROLL  
Alison Griffiths  
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express.

Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-do-wells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with investing pot into your portfolio.

### Trading

Marijuana stocks such as Advanced Cannabis Solutions

(CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Cannabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

### Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges,



Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. **ED ANDRIESKI/THE ASSOCIATED PRESS FILE**

such as the Toronto Stock Exchange or NASDAQ.

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So what chance do regular folk have in evaluating OTC pot stocks?

### The law

Chances are, the marijuana laws throughout most of the

developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

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# THIS IS WHY WE VACCINATE

My aunt contracted polio when she was a toddler. The way my grandma told it, it was nothing short of a terrifying experience.

Her little girl suddenly found herself unable to walk. As the disease was ravaging North America at the time, parents from small towns to big cities were on guard and watchful for the signs that their small children might be affected. My grandma immediately recognized her lack of motor skills in the otherwise active young child, started to panic and ran crying through the half-harvested Saskatchewan wheat field to get my grandfather off the combine. She was rushed via air-ambulance to a sanatorium, where her parents were only able to see her sporadically — scared of what was happening to their baby and dealing with a painful of uncertainty of her life.

Luckily, like many other children, she made a full re-



**High Plains Drifter**  
**James Callsen**  
calgary@metronews.ca

covery. But the fear that gripped parents and children in the early 1950s from the ravages of polio was a very real thing and didn't just go away. Talk to anyone who lived through that era and they will tell you that the polio vaccine didn't just save lives, it calmed nerves and helped to virtually wipe its scourge from our planet. All due to the work of Canadian doctor, Joseph Salk.

I think of the polio survivors when I read about the recent measles outbreak in our city and it reminds all of us the importance of vaccination. You talk to anyone who experienced the polio scare and they will tell you, vaccination is not something to be taken lightly.

It works. It works not only to protect the individual, but also builds what is commonly referred to as their immune system. It's why Western Canada High students who can't prove their immunization against the measles aren't be-

## There's one example

**It's why Western Canada High students who can't prove their immunization against the measles aren't being allowed back to school, even if they feel fine.**

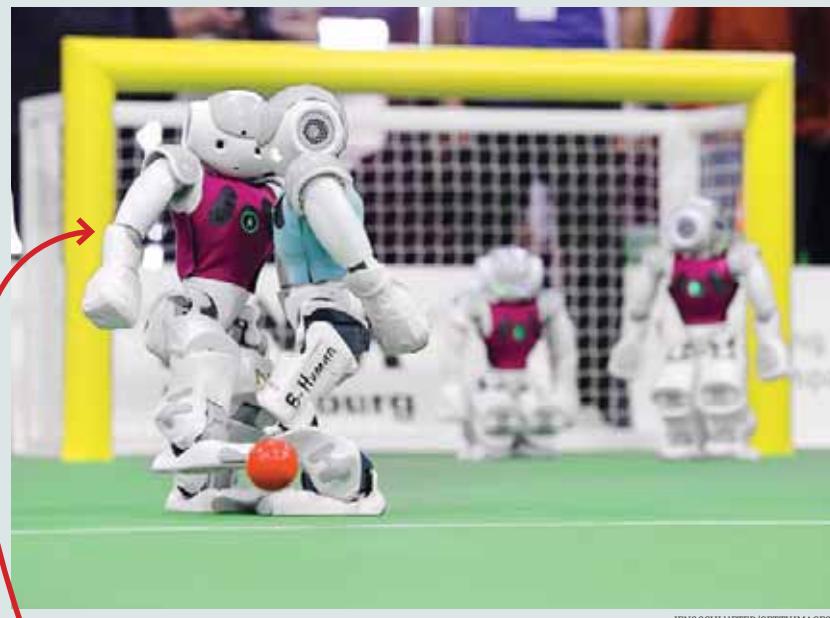
ing allowed back to school, even if they feel fine. It's a risk that's too great, regardless of the pseudo-science easily handed down by the anti-vaccination movement.

I'm not a parent, but I'm baffled at why someone would avoid getting their children protected from diseases that could not only kill them, but also kill their friends and relatives. It's almost akin not putting seatbelts on your kids or allowing them to play with matches.

Let's hope this outbreak teaches a lesson. The reasons why the polio, tuberculosis and measles panics became a thing of the past is because immunization works.

## ZOOM

### Look out, Cristiano Ronaldo



#### RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao from Aldebaran Robotics in France, perform autonomously and communicate with one another via Wi-Fi. There were 950 participants from 12



Participants check out robots at the 2014 RoboCup. GETTY IMAGES

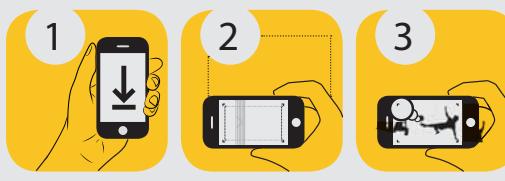
countries participating in the three-day tournament and they competed in a variety of disciplines, including soccer, rescue and dance. GETTY

#### What about World Cup?

- Dystopian future. The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- Not all fun and games. The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

## METRO AUGMENTED REALITY

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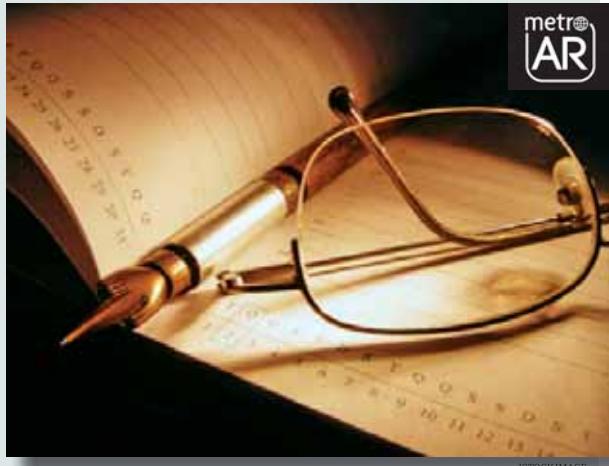
## MetroTube

### One Vine account worth watching



**ANDREW FIFIELD**  
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.



ISTOCKIMAGE

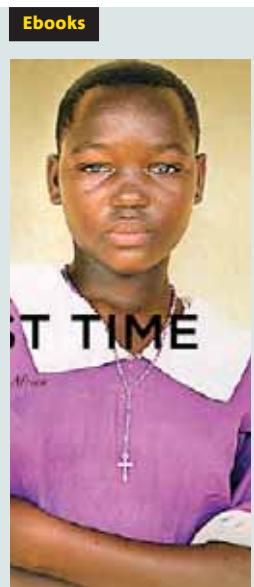
# SCENE 2

16

SCENE

See that symbol? It means you can scan the photograph below with your Metro News app to see a gallery of scenes from the new film Oculus.

metronews.ca  
Monday, April 7, 2014



## The Massey Lectures

By House of Anansi Press

iPad

• • • •

This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.



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# Director reflects on his horror hang-ups

### Mirror, mirror.

The man behind *Oculus* can't figure out the origins of his fascination with the freaky

CHRIS  
ALEXANDER  
[scene@metronews.ca](mailto:scene@metronews.ca)

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like *The Boogeyman* and *Mirrors* have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, *Oculus*.

*Oculus* is the followup to director Flanagan's unnerving low budget horror hit *Absentia*. And like that meticulously designed, grim fable, *Oculus* uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mysterious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the director's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles. "My childhood was



*Oculus* opens on Friday. CONTRIBUTED

very great. Probably the safest and most normal of middle-class military families. So I don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?'

"Maybe watching and making movies are a playground to exorcise any demons that might be there. Movies keep me happy, I guess."

There's nothing happy about *Oculus*, however. The film is most assuredly a tragedy, albeit one goosed by the gimmick of evil vanity portals and

relentless dread. It's a master class in slow-burn atmosphere and craft, and yet nothing in Flanagan's extensive background even hints that such a deft filmmaker would ultimately emerge, so ripe is his resumé with quickie TV potboilers and tired reality shows.

"When I finished the short that *Oculus* was based on in 2005," says the filmmaker, "it was the first thing I was really proud of, the first thing that felt that there was a voice to it."

"Before that, I was jumping from one reality show to another and at the end of the day I felt I was contributing to making the world stupider."

### Quoted

**"Maybe watching and making movies are a playground to exorcise any demons that might be there."**

Mike Flanagan on making horror films

"But that kind of work taught me a ton about editorial storytelling and informed me as a writer and editor and I'm ultimately really glad I had that background. Otherwise, I don't think I'd be where I am now."

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James Franco ALL PHOTOS GETTY IMAGES

## Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned because

I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week

#### Juan too many? Drinks tossed at ex-Bachelor



STARGAZING  
Malene Arpe  
[scene@metronews.ca](#)

This week in incoherent rage: 1) Fans of How I Met Your Mother lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

This week in abject disappointment: 1) A



woman spent some \$25,000 on six surgeries to make herself look like Jennifer Lawrence and ended up looking nothing like Jennifer Lawrence. 2) Kris Jenner will not pose naked for Playboy. 3) Elle Macpherson says her secret to looking great at 50 is "Love, laughter and my super greens." It's always kale, isn't it?



Ariana Grande

#### Grande denies Sam & Cat fight over salaries with co-star McCurdy

Are Ariana Grande and Jennette McCurdy feuding? The writing is sort of on the wall: Despite being the most popular series on Nickelodeon, their show Sam & Cat has yet to receive a second season pickup, so something must be going on behind the scenes. The two young actresses, who both started out as second bananas on other Nick sitcoms, are at very different places in

their careers now: Grande is a rising pop star who's being positioned as the new pre-twerk Miley Cyrus, while McCurdy is, well, on Sam & Cat. Rumour has it that McCurdy is angry that Grande has a much higher salary than she does. Grande, however, has taken Twitter to deny that she and McCurdy are feuding over money — in fact, she says they make the same amount.

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**Best Buds.**

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# Take this to the bank: Switch and save a chunk of change

**Call to account.** To trim costs, find a bank that suits your needs



GAIL

VAZ-OXLADE

Gail blogs daily at gailvazoxlade.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a \$20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do you go to the banking machine? (If you're going more than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the

## In interest of saving money

# 0.25%

Why settle for 0.25 per cent in interest on your savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere.



Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. iSTOCK

## Branch out

**Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?**

## Found your new bank? Follow these five steps to make the switch as painless as possible

**1 Open the new account and get all the information you'll need like the account number, your branch number, and the like. If you're using cheques, order some.**

**2 List your auto-transactions.** What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.

**3 Reconcile your account.**

You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.

**4 First switch over all deposits and then switch over the withdrawals.** That way there will be money in the new account when withdrawals start.

**5 Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals.** Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have

what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make

a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

**WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO [MYSONEYMYCHOICES.COM](#) AND FOLLOW THE ROADMAP TO SUCCESS.**

# Start the week on a light dinner note



**TOTAL TIME**  
ABOUT 17 MINUTES

This recipe serves six. ROSE REISMAN



**ROSE REISMAN**  
For more, visit  
[rosereisman.com](http://rosereisman.com) or  
follow her on Twitter  
@rosereisman

If you want a new twist on serving your salmon, you've got it right here! Serve up this Salmon with Pesto and Cream Cheese.

It's attractive to look at and equally delicious.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later use. You can experiment with pesto and use a variety of herbs and leaves such as spinach, cilantro, baby kale or arugula.

To toast the pine nuts or almonds, just place a dry skillet over high heat, add the nuts and stir often for about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I like

to always use the method of measuring the salmon at the thickest part. For every one inch of thickness, stick to the rule of baking for 10 minutes at 425 F.

## Directions

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and lightly coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above, puree all ingredients, remove the 2 tbsp for the filling and save the remainder for a later use.)

3. Make a small vertical slit on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep. Stuff each fillet by dividing the pesto filling between the 6 fillets.

4. Place on prepared baking sheet and bake for 10 minutes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving.

## Nutritional information

Per serving (salmon with one tablespoon of pesto)

• Calories. 282

• Carbohydrates. 16. g

• Fibre. 0.4 g

• Protein. 28 g

• Total fat. 16.9 g

• Saturated fat. 3.7 g

• Cholesterol. 79 mg

• Sodium. 130 mg

## FLASH FOOD



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to your table in  
30 minutes or less

## THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

### Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts (or chopped toasted almonds)

#### Pesto

- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil



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# When cash is part of the curriculum

**The Work Colleges.**  
Institutions across the United States are tackling student debt woes by making working during school a requirement

Many students spend years after college working off tens of thousands of dollars in school debt. But at seven "Work Colleges" around the United States, students are required to work on campus as part of their studies — doing everything from landscaping, growing and cooking food to public relations and feeding farm animals — to pay off at least some of their tuition before they graduate.

The arrangement not only makes college more affordable for students who otherwise might not be able to go, it also gives them real-life experience, teaches them responsibility and how to work together, officials said.

"I love it," said Melissa Eckstrom, of Philadelphia, who is an assistant garden manager at Sterling College in Craftsbury, Vt., where she's studying sustainable agriculture.

"It's really satisfying to work in the garden and do all this hands-on, you know, dirty work — and I go to the kitchen and sit down for a meal and I'm like, I grew this. It can't get more full circle than that."

With rising college costs and a U.S. national student loan debt reaching more than \$1 trillion, "earning while learning" is becoming more appealing for some students. The work college program is different than the U.S. federal work study program, which is an optional voluntary program that offers funds for part-time jobs for needy students.

But at the seven so-called Work Colleges — Sterling Col-

We're all in this together

**"No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job."**

**Robin Taffler**  
Executive director of the Work Colleges Consortium

lege, Alice Lloyd College in Pippa Passes, Ky., Berea College in Berea, Ky., Blackburn College in Carlinville, Ill., College

of the Ozarks in Lookout, Mo., Ecclesia College in Springdale, Ark., and Warren Wilson College in Asheville, N.C. — work

is required and relied upon for the daily operation of the institution, no matter what the students' background. The students are then evaluated on their performance.

"It's a core component of the educational program," said Robin Taffler, executive director of the Work Colleges Consortium.

"It does not differentiate between those that can afford to pay for their education, from



**What would it mean to you — or what would it have meant — to graduate from post-secondary school without a penny owed?** iSTOCK

those that must work to cover their educational costs. And that's a big deal. No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job," she said.

Eckstrom works up to 100 hours a semester at \$11.10 an hour, so the pay helps with her school costs, she said. She also gets tuition credit for coming a week early for training before the start of the school year.

"It's all very helpful," said Eckstrom, 23, who said she probably couldn't have afforded to attend a school like Sterling otherwise.

THE ASSOCIATED PRESS

**Labour for learners**

- The Work Colleges Consortium reports that 75 per cent of graduates agree their college work helped prepare them for their first job and 84 per cent said it helped them to get along with people with different attitudes and opinions. Seventy-five per cent of graduates agreed that their work experience helped them to understand the importance of service to others and 86 per cent said it helped them to appreciate the value and dignity of work, the consortium said.

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CODE 103	What's New in (Electrical) Code 2012	April 12
MNFG 230	CNC - Intro to Controllers	April 15
MACH 222	Gunsmithing - Basic Machine Work	April 28
INSP 220	Certified Exposure Device Operator	April 28
ELEC 145	Solar Photo Voltaic Installation <b>4 SEATS LEFT</b>	April 29
OMPT 115	Project Management & Quality Assurance	May 3
MACH 216	CNC Intermediate - Lathe	May 5
CNTR 221	Fire Detection & Alarm Systems - AFSA & ECAA	May 5
WELD 124	Weld-a-Saurus	May 5

CODE	COURSE	START
WELD 203	Welding/GMAW Operators (Beginners MIG)	May 5
WELD 236	Welding/Oxyacetylene	May 5
WELD 205	Welding/B Pressure Upgrading	May 6
WELD 204	Welding/GTAW (Beginners TIG)	May 6
WELD 140	Ornamental Metal Works I & II	May 12
INSP 264	Liquid Penetrant Levels I & II	May 12
OPMT 110	Scheduling & Process Management	May 12/13

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'Round the world wisdom

**The mess will be minimized when you start with the man in the mirror**

 LESSONS FROM THE DESERT  
Stefan Danis  
[life@metronews.ca](http://metronews.ca)

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.**

Have you ever heard yourself

whine or complain? We are all relatively intolerant of people who indulge in this behaviour, but how frequently do we look in the mirror and apply the same intolerance to ourselves?

During my preparation for the Gobi, I set up a "war room" and used a whiteboard to deconstruct all the components of my training regime, including a section to focus on my mental preparation and toughen up

mentally. What showed up instead were all the grievances that were appearing as I trained. During the prep, more than one hundred complaints surfaced. I wrote them down for my family and me to see.

Over time, the intended outcome materialized: The more I looked at the board, the more I got sick and tired of reading about a grown man complaining.

As I neared the end of

this exercise, I could actually find humour in my whining, sometimes laughing out loud at myself.

And then, the complaining just ... ceased. If it reared its ugly head, I laughed, dismissed it and moved on rather than giving it any importance — or worse, giving it a life force that could derail me.

Any big project will invariably entail breakdowns along the way, including

self-doubt and complaints. The key to overcoming these obstacles lies in our ability to bounce back, hopefully bounce forward, and over time, to lessen the frequency with which our very own unproductive "voice" comes calling. And few things are more powerful than looking in the mirror to deaden the voice.

STÉPHAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

NBA

**Knicks crumble under weight of LeBron's 38**

LeBron James scored 38 points, Mario Chalmers added 15 and the Miami Heat survived a three-point barrage from New York's J.R. Smith on the way to dealing the Knicks' playoff hopes a big blow with a 102-91 victory on Sunday.

Chris Bosh added 14 points and Ray Allen had 12 for the Heat.

THE ASSOCIATED PRESS

Premier League

**Gerrard's pair lifts Liverpool to top of EPL; Arsenal falls**

Steven Gerrard scored twice from the penalty spot as Liverpool stretched its Premier League winning streak to nine matches and returned to the top of the table with a 2-1 win at West Ham on Sunday, while Arsenal was dealt another blow by a top-five team in a 3-0 thrashing by Everton.

THE ASSOCIATED PRESS

Bahrain Grand Prix

**Mercedes earns second 1-2 finish**

Lewis Hamilton edged Mercedes teammate Nico Rosberg after an intense race-long duel to take victory by one second at the Bahrain Grand Prix on Sunday.

The two Mercedes were predictably in a different league to their rivals and recorded their second one-two finish in eight days after Hamilton's win in Malaysia. THE ASSOCIATED PRESS

# Sabathia continues to crack Blue Jays

**MLB.** Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber match win

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven left-hander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he was in the zone, guys were off balance. That's a good sign."

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just 3



Brian Roberts of the New York Yankees gets the force out of Maicer Izturis at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

1/3 innings. He struck out six but walked three and hit a batter with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it previously.

"He was high in the (strike) zone a lot. That's not who he is," said Gibbons. "He'll get back down there."

THE CANADIAN PRESS

Leaving his mark

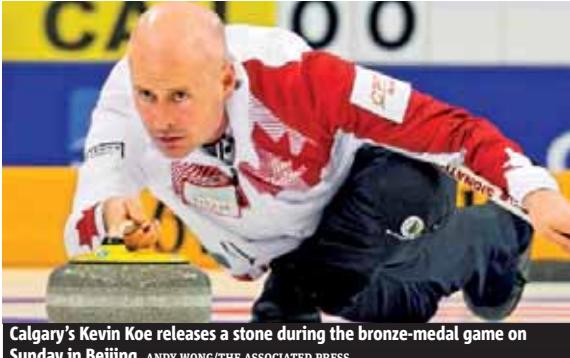
Derek Jeter has taken over sole possession of eighth place on baseball's career hits list with a single in the fourth inning against the Blue Jays.

- The veteran shortstop grounded a one-out hit into right field Sunday, chasing Blue Jays starter Drew Hutchison.
- It was the 3,320th hit of Jeter's career, moving him

past Hall of Famer Paul Molitor. Next on the list is Carl Yastrzemski, with 3,419.

- One inning earlier, Jeter tied Molitor with a leadoff single, a line drive to right.
- Jeter sat out Friday's series opener then went 0 for 2 with two walks Saturday. His previous hit was an RBI single in the fifth inning of Thursday's win at Houston.

# Koe falls to 4th-place finish in Beijing



Calgary's Kevin Koe releases a stone during the bronze-medal game on Sunday in Beijing. ANDY WONG/THE ASSOCIATED PRESS

Canada's Kevin Koe had to settle for fourth place at the world men's curling championship after falling 7-5 to Switzerland in Sunday's bronze-medal match.

Koe's Calgary rink came into the 10th end down by three, but couldn't muster the comeback, scoring just a single point in the final end against the Swiss team.

Switzerland stole single points in the first two ends, and padded their lead with deuces in the sixth and ninth ends en route to the victory.

End of an era

**"I'm proud of the guys. We had a great run."**

Canadian skip Kevin Koe

"We definitely didn't want to lose that game," said lead Nolan Thiessen. "But after yesterday, it was tough to get fired up. But no excuses. They played better than us."

Canada had two chances on Saturday to reach Sunday's gold-medal game, but fell short

to Norway's Thomas Ulsrud in the 1-2 Page playoff game, and then to Sweden's Oskar Eriksson in the semifinal. Ulsrud led from start to finish in defeating Sweden 8-3 to claim the gold.

"I thought we played well in the one-two game and the semi," said Koe. "We were very close. But in games like that where the other teams are playing well, you have to make the last shot of the end sometimes and we let our chances slip away."

THE CANADIAN PRESS

4 SPORTS



Head coach Kevin Ollie of the Connecticut Huskies reacts after calling a timeout during the Final Four semifinal against the Florida Gators on Saturday in Arlington, Texas. TOM PENNINGTON/GETTY IMAGES

# uConn coach's odds of making finals lower than a perfect bracket

**March Madness.** Kevin Ollie made it from underachieving player to college hero through his thirst for knowledge

Kevin Ollie had talent.

No way of getting to the NBA without it. His just wasn't quite on the same level as the stars of his era.

So what Ollie did was make himself indispensable with his brain.

The point guard devoured information, pouring over scouting reports and game film, looking at tendencies and statistics. He was a natural leader, too, passing along what he knew to make his teammates, even his coaches better.

Despite his lack of natural

ability, NBA general managers kept signing him, 11 in all during a 13-year career that lasted until he was 37.

The lessons and the work ethic it took to learn them have taken Ollie a great distance in a short time as a coach: To Monday night's national championship game against Kentucky in his second year at UConn.

"I can tell you he is one of the wonderful people that I have come across in my life," said Kentucky coach John Calipari, an assistant coach

#### Making do

**"I needed to know exactly what was going to happen to make those five minutes meaningful..."**

UConn coach Kevin Ollie, on maximizing his playing time during his NBA career.

with the Philadelphia 76ers when Ollie played there.

"He was an unbelievable student of the game."

Ollie took an unconventional route to the NBA, working his way up after being undrafted out of UConn and playing in the Continental Basketball Association. Once he got to the NBA, Ollie stuck around because of his smarts, his character and the gritty tenacity of his game.

Ollie had an unlikely road to the national title game as well.

Despite a chance to work for the Oklahoma City Thunder in 2010, he opted to return to his alma mater and work as an assistant for Jim Calhoun.

Ollie learned under Calhoun for two years and was thrust into the spotlight when his former coach retired in 2012.

THE ASSOCIATED PRESS

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**Horoscopes**

**Aries**

March 21 - April 20

You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

**Taurus**

April 21 - May 21

Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

**Gemini**

May 22 - June 21

Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

**Cancer**

June 22 - July 23

Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

**Leo**

July 24 - Aug. 23

Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

**Virgo**

Aug. 24 - Sept. 23

Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lesson.

**Libra**

Sept. 24 - Oct. 23

Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

**Scorpio**

Oct. 24 - Nov. 22

You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

**Sagittarius**

Nov. 23 - Dec. 21

Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

**Capricorn**

Dec. 22 - Jan. 20

Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

**Aquarius**

Jan. 21 - Feb. 19

You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

**Pisces**

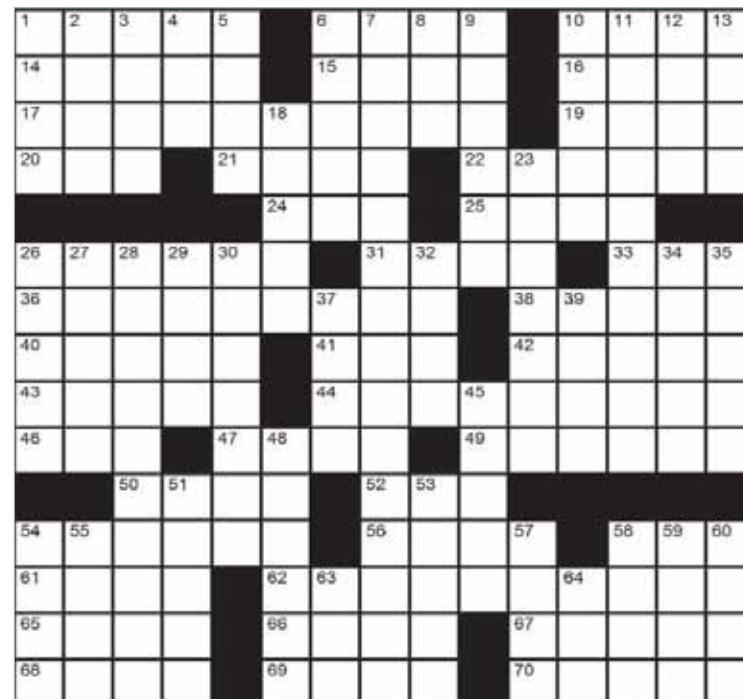
Feb. 20 - March 20

Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. **SALLY BROMPTON**

**Crossword: Canada Across and Down**

**Across**

- City in Quebec
- \_\_\_ is me :(
- "Dial \_\_\_ Murder" (1954)
- Valley in Ontario depicted by The Group of Seven
- "Go! Go! ...and Go!"
- Singer Mr. Blacc
- NFLD: Peridotite rocks in Gros Morne National Park
- Bereft, in poetry
- I am. You \_\_\_.
- Ancient harp
- Savvy
- Purring pet
- 2014
- Materialize
- Legal gig, \_\_\_ DA
- Caesar's 2050
- Canadian actress/ comedian born in St. John's, Newfoundland: 2 wds.
- English actress Anna
- "If \_\_\_ a Carpenter"
- Ms. Hagen
- Cartoon kid on "The Cleveland Show"
- Sporty events
- BC city
- Pou \_\_\_ (Vantage point)
- Undecided
- Rented
- Alaskan city
- Volkswagen car, Jetta \_\_\_
- Metric measures



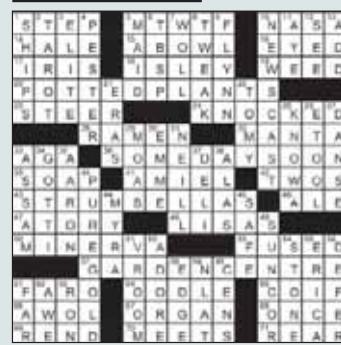
- Labels
- Shania Twain's "Any \_\_\_ of Mine"
- Shape sort
- Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
- Kind
- Purposes

- Catches
- French 101 verb
- The \_\_\_: "What's Fair Is Fair" band from Nova Scotia
- Spelling's Hari
- Culture medium
- Mr. Kaplan
- Graduation bird
- Purposes

- Scarlett's surname
- Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: \_\_\_
- Library ref.
- Written works
- Mediterranean island
- They were owned by Canadian family

- The Ogilvies: 2 wds.
- Certain cloud
- Quebec singer Mr. Simard
- Fitness fabric
- Unconstrict: 2 wds.
- Types of rulers [var. sp.]
- Be a kitten. See a toy. Do this: \_\_\_ it.

**Friday's Crossword**



ANDREW SCHULTZ  
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS 5:30 AM



**Sudoku**

**How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	8	4	6	
6				5
5		3	4	8
4	1	2	8	
	7	5	1	2
7	2		6	9
3			7	
	5	7	4	2

**Friday's Sudoku**

4	8	2	7	3	5	1	6	9
1	6	5	8	9	4	3	7	2
9	7	3	1	8	2	8	5	4
2	9	4	3	5	7	6	8	1
8	5	1	9	4	6	7	2	3
6	3	7	2	1	8	4	9	5
7	4	8	5	2	3	9	1	6
5	1	6	4	8	9	2	3	7
3	2	9	6	7	1	5	4	8

**Weather**

TODAY

TUESDAY

WEDNESDAY



MAX: 18°  
MIN: 5°



ANDREW SCHULTZ  
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

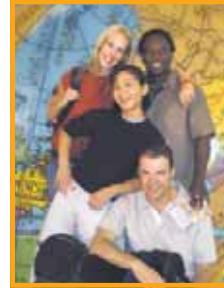
WEEKDAYS 5:30 AM

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Marlborough Mall  
Pacific Place  
Sunridge Mall  
1353 32nd Ave. NE  
2520 23rd St. NE  
3012 17th Ave. SE

**Northwest**

Beacon Hill Shopping Centre  
Market Mall  
North Hill Centre

**Southeast**

Chinook Centre  
Deerfoot Meadows  
Shepard Centre  
Southcentre Mall  
1288 42nd Ave. SE  
4410 50th Ave. SE  
4825 Macleod Trail S  
5935 35th St. SE  
6039 Centre St. S  
6100 Macleod Trail S  
7845 Flint Rd. SE

**Southwest**

Bankers Hall  
Bow Valley Square  
The Core  
Shawnessy Shopping Centre  
Westbrook Mall  
321 6th Ave. SW  
2008 33rd Ave. SW  
4623 Bow Trail SW

**Airdrie**

2145 Summerfield Blvd.

**Cochrane**

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312 5th Ave. West Bay

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